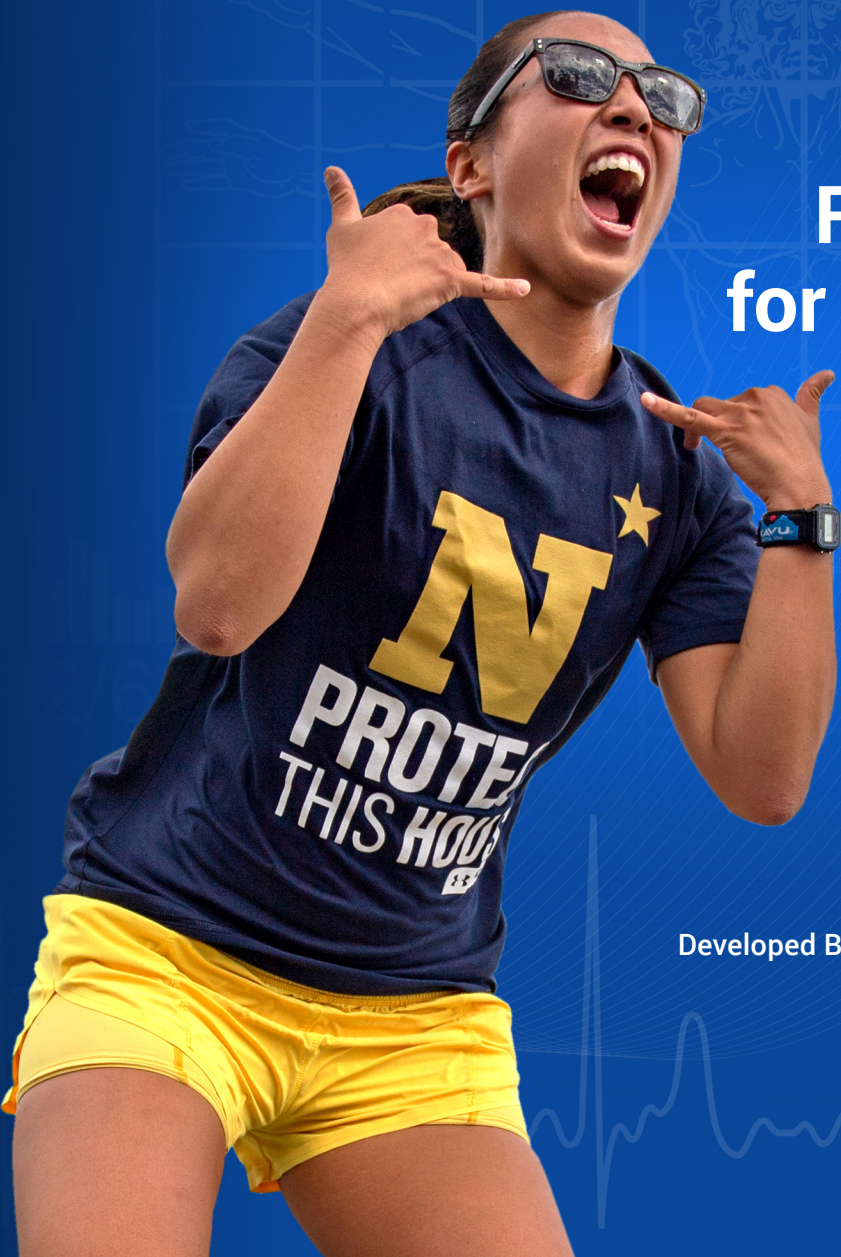




NAVY RECRUITING COMMAND

Recruiter Guide for Physical Training



Developed By: NRC-N35: Policy and Program Division

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GUIDELINES FOR RECRUITERS

The purpose of this guide is to ensure that Physical Training for Future Sailors and Officer Candidates/Direct Accessions is administered with the utmost safety. You, as the Recruiter, have the ultimate responsibility for the well-being of these individuals during Physical Training. The following guidelines are to be used with safety as your ultimate guiding principle

Note: DO NOT conduct Physical Fitness Training with any Future Sailor (FS) or Officer Candidate/Direct Accession unless you have verified a current MEPS or other NRC authorized physical examination has been completed finding the Future Sailor or Officer Candidate/Direct Accession physically qualified for accession and within pre-accession body fat standards. Also, under no circumstances will anyone be allowed to participate in Physical Training unless there is a signed Hold Harmless Agreement in the DEP training folder or Officer Residual File.

Physical Training that deviates from the guidance enclosed in this guide is not allowed. Sporting events that promote camaraderie, teamwork, and esprit d' corps are encouraged. Safety is paramount. Under no circumstances will a sporting event be conducted that risks injury to your Future Sailors or Officer Candidates/Direct Accessions.

The following are examples of authorized Physical Training events:

- Any of the recommended NOFFS series (Large Deck 1,2,3) exercises described in the NRC Fitness and Nutrition Guide, or exercises and stretches contained in the Navy Physical Readiness "Command Fitness Guide 13" as found on Navy physical readiness's program website. referenced in the OPNAVINST 6110.1J.
- Supervised team sports such as volleyball, basketball, softball, and soccer.

Below are examples of unauthorized Physical Training events:

- Tire Rolling/Flipping
- Log PT
- Obstacle Courses
- Cross Country Running over uneven terrain or hazardous elevations

Any Physical Training event that could endanger a Future Sailor or Officer Candidate/Direct Accession is prohibited. Use good judgment and follow the guidance enclosed. You are entrusted with preparing the Future Leaders of the United States Navy! Ensure you do it safely and with the utmost integrity and proper risk management. Physical Training will never be used as a form of discipline or punishment. Hazing will not be tolerated.

REQUIRED ACTIONS PRIOR TO PHYSICAL TRAINING

The NRC Fitness and Nutrition Guide is designed as a useful tool to help our Future Sailors and Officer Candidates/Direct Accessions prepare for Recruit Training or Officer Candidate training (OCS/ODS) and to help these young men and women adopt a lifestyle of healthy living and proper fitness. It is your responsibility to ensure that Recruiter led physical activities are conducted in a safe and proper manner. Therefore, the following conditions must be met before conducting any Physical Training evolutions with Future Sailors or Officer Candidates/Direct Accessions:

- The CPR qualified Recruiter leading Physical Training must be approved by their Division LCPO/CPO or Division Officer. There will be one CPR qualified recruiter (safety observer) for every 25 participants. Safety observer/s will not participate in physical training while observing.
- Future Sailors or Officer Candidates/Direct Accessions will not be used as dedicated safety observers.
- The Operational Risk Management (ORM) checklist, below, will be completed in advance of an organized Physical Training session.
- Inclement weather plans should be made well in advance of organized Physical Training. Alternate indoor sites should be identified and documented.
- All participants will be dressed in proper PT attire. (Not Acceptable– street attire, footwear not designed for running, vinyl/plastic clothing meant to enhance perspiration, etc.)
- All participants must have a valid MEPS (or other NRC authorized) physical examination finding the member physically qualified for accession.
- All participants will have a signed Hold Harmless Agreement in their DEP training folder or Officer Residual package.
- Personnel not enrolled in the Navy Delayed Entry Program (DEP) or enlisted/commissioned in an Officer Candidate/Direct Accession program “MUST” have a current MEPS or other NRC authorized physical examination to participate in organized Physical Training.
- Personnel currently enlisted in a Delayed Entry Medical (DEM) program must not participate in physical training until cleared by MEPS Medical and the PRIDE record is updated.
- An emergency contact list for all participants in Physical Training must be available at the Physical Training location with a copy maintained at the NRS/NORS/NRD/NTAG/TAOC.
- Water will be made available at the Physical Training location for all personnel participating in Physical Training.

In addition to the above, the ORM checklist on the following page will be reviewed before each and every Physical Training session.

ORM CHECKLIST FOR FUTURE SAILOR/OFFICER CANDIDATE PHYSICAL TRAINING (PT)

Before PT

- ☐ (Y) ☐ (N) Has the PT location been surveyed to ensure no safety hazards exist, to include extreme inclines, trip hazards, rough terrain, etc...?
- ☐ (Y) ☐ (N) Do all participants have a Hold Harmless Agreement on file?
- ☐ (Y) ☐ (N) Has a safety brief been conducted?
- ☐ (Y) ☐ (N) Are the temperature conditions appropriate for outdoor PT? Calculate the wet bulb globe temperature (WBGT)/wind chill using the following steps:

- 1.) Determine wet bulb temperature (WBT) or wind chill using weather conditions from the NOAA website and the WBT calculator (https://www.weather.gov/epz/wxcalc_rh).

WBT = _____ Wind Chill = _____

- 2.) Calculate WBGT "calculated" using the following formula:

WBGT "calculated" = (WBT x 0.7) + (Air Temperature x 0.3) = _____

Must be less than 80 degrees WBGT "calculated"
and above 35 degrees wind chill to commence PT outdoors

- ☐ (Y) ☐ (N) Is there an emergency evacuation plan (EAP) to include contact information to the nearest medical treatment facility?
- ☐ (Y) ☐ (N) Are there cell phones or radios available for communication?
- ☐ (Y) ☐ (N) Are all participants in suitable PT attire?
- ☐ (Y) ☐ (N) Is there plenty of water readily available at the Physical Training location for participants?
- ☐ (Y) ☐ (N) Is there at least one CPR qualified recruiter leading PT and one CPR safety observer available to monitor PT?
- ☐ (Y) ☐ (N) Is the list of all emergency contact numbers, to include next of kin contact numbers, available on site?

The following questions MUST be asked of each participant before Physical Training:

- ☐ (Y) ☐ (N) Do you have chest pain (with or without exertion), bone or joint pain, high blood pressure or high cholesterol? If yes, have you been cleared by your medical provider to participate in PT?
- ☐ (Y) ☐ (N) Do you have Sickle Cell Anemia / Sickle Cell Trait:
- ☐ (Y) ☐ (N) Have you had a change in your medical status since the last time you were asked these questions?
- ☐ (Y) ☐ (N) Are you ill today or know of any medical condition that may prevent you from participating in physical activity today?
- ☐ (Y) ☐ (N) Are you a female who could possibly be pregnant?

Any participant who answers yes to any of the above cannot, under any circumstances, be allowed to participate!

During PT

- ☐ (Y) ☐ (N) Are the CPR/Safety Observers monitoring Future Sailors for signs of distress or discomfort?
- ☐ (Y) ☐ (N) Are all exercises being properly demonstrated before execution?

Ensure that the Intensity level, to include session time limits, type of exercise (strength training and/or Aerobic) and the duration/quantity of exercise does not exceed the fitness level of a Future Sailor or Officer Candidate /Direct Accession

After PT

- ☐ (Y) ☐ (N) Continue to monitor participants for signs of distress or discomfort.
- ☐ (Y) ☐ (N) Ensure every participant hydrates appropriately prior to leaving the PT location.
- ☐ (Y) ☐ (N) Ensure feedback from participants is collected to ensure PT was a successful evolution.

PHYSICAL TRAINING SESSION TIME LIMITATIONS

Physical Training will be conducted, without deviation, in the following order:

5-10 minutes of Dynamic Warm-Up: Follow the NOFFS Large Deck series guide as described in the NRC Fitness and Nutrition Guide (FNG), or the Navy Physical Readiness Program Command Fitness Guide OPNAVINST 6110.1 series.

20-45 minutes of Pre-Planned Physical Activity Session: Includes Muscular Strength/Endurance exercises and Cardio/Aerobic conditioning. Select and follow the appropriate NOFFS Large Deck series guide, or select exercises from the Navy Physical Readiness Program Command Fitness Guide OPNAVINST 6110.1 series. Interval walk, jog, run training is recommended for the Cardio/Aerobic portion of this Activity Session. Under no circumstances is this session to exceed 45 minutes duration.

3-5 minutes of Cool-Down: The Cool-Down Is extremely important. Gradually lower the heart rate and respiratory rate to pre-activity levels. Walking is an appropriate Cool-Down activity following strength and cardio activity. Observe participants and look for signs of distress or discomfort.

5-10 minutes of Stretching: Flexibility is often overlooked. Use static (controlled) stretches following PT because muscles are warmer and more pliable after exercise. Follow the Recovery/stretching section of the NOFFS Large Deck series guide, or select appropriate stretches from the Navy Physical Readiness Program Command Fitness Guide.

Initial Fitness Assessment Guidelines

The Initial Fitness Assessment (IFA) can be used to establish a baseline level of physical fitness for Future Sailors and Officer Candidates/Direct Accessions. It is strictly voluntary for our Future Sailors and Officer Candidates/Direct Accessions. The IFA consists of the 3 elements from the Navy Physical Readiness Test.

The IFA shall only be administered by a fully qualified CFL/ACFL designated in writing by the Navy Recruiting District/NTAG Commanding Officer. It will be conducted in full compliance with all safety precautions and requirements outlined in OPNAVINST 6110.1 series. Future Sailor/OCS/ODS Candidates must be within Navy Height/Weight or Body Composition Assessment (BCA) standards to participate in an IFA. See Volume V, Chapter 2, Section 1 of COMNAVCRUITCOMINST 1130.8 series (ENLISTED RECRUITING MANUAL) for specific requirements and guidance for administering the IFA.

Physical Screening Test (PST) Guidelines

Naval Special Warfare (NSW)/Naval Special Operations (NSO), Air Rescue Swimmer (AIRR).

Only NSW/NSO/AIRR coordinators, contracted mentors and CO designated PST administrators approved by NAVCRUITCOM (N3), trained and certified by NSW/NSO/AIRR coordinators or contracted mentor are authorized to administer the PST. See Volume V, Chapter 2, Section 020113 of COMNAVCRUITCOMINST 1130.8 series (ENLISTED RECRUITING MANUAL) for specific requirements and guidance for administering the PST. Adhere to all safety precautions and requirements outlined in OPNAVINST 6110.1 series and Recruiter Guide for Physical Training. In addition, Military members conducting PST's will be designated as ACFL.